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THURSDAY, JULY 3, 2014

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# INPORT NEWS

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■ EDUCATION: Student's bog project needs online votes

## Artifact survives Wainfleet Nazi PoW camp



ALLAN BENNER / STAFF PHOTO

Oakwood School student Turner Clarke holds a bracelet made by a Nazi prisoner. It is included in his award-winning project on the Wainfleet bog.

ALLAN BENNER  
QMI Agency Niagara

The word "cent" can still be seen, etched into the bottom of the tiny copper cup in uppercase letters.

It was crafted from a penny about 70 years ago by a Nazi soldier imprisoned at a prisoner of war camp that was once located in the Wainfleet bog.

Even the links of the bracelet appear to be made from the same currency, as well as a tiny pitcher and a bell.

"It's made from American

pennies," said 10-year-old Turner Clarke, as he held up the artifact showing the tiny word etched into the metal.

"The prisoners used to trade all these different things they'd made," Clarke explained.

The prisoner that created that bracelet gave it to Clarke's ancestor who worked with the prisoners digging peat moss during the war, and it has been kept safe by his family ever since.

Now that artifact is part of an award-winning project on the Wainfleet Bog Clarke

made while a Grade 5 student at Oakwood School in Port Colborne.

"Me and my dad used to go out to the bog and see the wildlife, and go for walks," Clarke said, recalling the regular trips to the end of Erie Peat Rd. with his father Jason Clarke, vice-principal at Port Weller School in St. Catharines.

"I decide this year that'd be a good project to do. I think it's an interesting habitat," Clarke said.

"A lot of animals live there

like the Massasauga rattlesnake, which is a protected and threatened species in southern Ontario, and there are other things that live there like spangled fritillary butterflies and cotton grass.

His project took top prize at the school, as well as at the regional level during that competition held at Old Fort Erie. He also displayed his project along with other top projects at a provincial celebration in Toronto.

See CLARKE on Page 2

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# UPFRONT

■ CLARKE

## Online voting ends July 11

From Page 1

"It got me pretty far. It's the best I've done in my two years of doing this," he said.

And it may get him further yet.

His project was one of 150 entered from across the country into the Young Citizens of Canada Competition, an online contest run by the Canadian History Society.

"You have to make a video of your project and then the public votes on your video and judges look at your video," he said.

Turner's video can be found by following this link: [www.canadashistory.ca/Kids/YoungCitizens/Profiles/2014/Turner-C](http://www.canadashistory.ca/Kids/YoungCitizens/Profiles/2014/Turner-C).

Clarke is one of five District School Board of Niagara students participating in the competition. Videos by Josh Neal and Julia McNeeney from Applewood School, Shelby Robertson from Westmount School and Mickey Kiss from Stevensville School can also be found at [www.canadashistory.ca](http://www.canadashistory.ca).

Online voting will account for 50% of the student's score, while a team of judges will then select seven winning students who will participate in a trip to Ottawa for a reception held as part of celebrations surrounding the Governor General's History Awards. Voting continues until 11:59 p.m. July 11.

allan.bonner@summedia.ca  
Twitter: @abonner1

■ PETS: Off-leash area near recreational canal

## Welland park goes to the dogs

ALLAN BONNER  
QM Agency Niagara

Welland's puppies have a new place to play.

The city's new dog park opened last Friday at noon, just hours after workers put the finishing touches on the new facility.

"It was everyone's objective to have it ready for the long weekend to have it used, and we've accomplished that," said Richard Morwald, the city's manager of recreation and cultural services, while adding new signs to the park's two wire-fenced enclosures, one for large dogs and one exclusively for dogs less than 35 centimetres tall.

The fenced-off areas of the dog park are located on either side of the Welland Canal Parkway trail, near the intersection of Prince Charles Dr. and Broadway.

New park benches were added along the side of the trail, as well as a fountain just tall enough to allow even the shortest puppies to have a cool drink of water.

Morwald said there are a few requirements for park users, posted at the facility. For instance, the facility is not designed for puppies under four months old, and aggressive dogs require a muzzle.

Morwald said there are a few park additions the city will be making in the months to come, including trails and shade trees to give pets and their owners a place to escape the sun.

Morwald said the location is close to Welland and District Humane Society, and a lot of volunteers from the animal shelter walk dogs through the area.

Although the humane



ALLAN BONNER / STAFF PHOTO

Monique Grenier gives Elvis a drink at the city's newly completed off-leash dog park that opened Friday.

society dog walkers are not allowed to take the animals off their leash, even in an off-leash dog park, volunteer Monique Grenier was pleased with the facility — especially the dog-sized fountain.

"He's very friendly," Grenier said as she introduced Elvis, a cross-breed hound dog accompanying her.

"They stepped for a cool drink before continuing their walk along the canal trail.

"We met someone from Montreal today, right here," she said, gesturing to the watering station. "She said, 'Why don't they have one for the people?'"

"This is a dog park," Mor-

wald replied, adding there are already plenty of "people parks" in the city.

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# LOCAL NEWS

## CHILD ADVOCACY

# Centre to be renamed for Kristen French

KARENIA WALTER  
QMI Agency Niagara

A Niagara centre that helps children cope with child abuse is being renamed to honour St. Catharines murder victim Kristen French.

Child Advocacy Centre Niagara will officially be renamed Kristen French Child Advocacy Centre Niagara, in an unveiling on the centre's sixth anniversary Sept. 16.

Executive director Janet Hardy said many child advocacy centres are named after child victims who have affected their local communities.

"Six years in, we're established, we're running and we felt it was time to recognize that horrendous event here in St. Catharines and memorialize Kristen and pay tribute to her family's involvement in getting the centre up and running."

Kristen's parents, Doug and Donna French, have been involved with the Forster St. centre in St. Catharines as volunteers since its inception.

Doug French helped spearhead the fundraising drive to open the centre and the couple released bulletins and spoke at its official opening Sept. 16, 2008.

The centre streamlines Niagara child abuse investigations by bringing Niagara Regional Police detectives, Family and Children's



A photo from the inside of Child Advocacy Centre Niagara in St. Catharines.

QMI AGENCY NIAGARA FILE PHOTO

Services Niagara workers and other agencies under one roof.

Child victims can tell their stories once or twice in a child-friendly environment, instead of doing interviews over and over again with various strangers.

The children who come

to the centre are victims of physical abuse, sexual abuse, Internet exploitation or are witnesses to violence.

Last year, 287 child abuse interviews were done at the centre with Niagara child victims and their family members.

The renaming announce-

ment was made at Child Advocacy Centre Niagara's annual general meeting this week.

Kristen French was a 15-year-old Holy Cross Secondary School student when she was abducted by Paul Bernardo and Karla Homolka and killed in 1992.

Hardy said the name, chosen by the centre's board, reflects the range of child abuse that exists, whether by a family member or a stranger.

"When the results are as horrific as Kristen's life being lost, that's the far range of child abuse that

we want to talk about and make sure that is included and recognized in the scope of things that happen with children," Hardy said.

She said the centre is concerned about trying to end any abuse of children and is doing it in a preventative way by getting involved in children's lives in the interview process early on so things don't escalate into an unimaginable situation.

But she said horrific things do happen to children and need to be recognized on the spectrum of child abuse.

"There are children that lose their lives through child abuse and we want to make sure that those kids are remembered and memorialized as well, and Kristen was the name to do that through," she said. "There are lots of untold stories."

The centre also announced it is starting its first endowment fund with the Niagara Community Foundation. Until now, donations went directly to programming, the building's mortgage and other expenses.

"It's really about securing the future for sustainability," Hardy said. She said people can donate to the endowment and that gleans a certain amount of interest, preserving the future of the centre to stay operating.

karenia.walter@sumedia.ca

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# IMPORT NEWS

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## The welcoming God

**GORD ABRAHAM**  
Port Colborne Baptist Church

**S**tanding on the sidelines, watching and listening in on Jesus and his religious enemies as tensions grow, we read Luke who writes, "Jesus became increasingly popular among notorious sinners — tax collectors and other social outcasts."

The Pharisees and religious scholars noticed this. They said, among themselves and loud enough for all to hear, "This man welcomes immoral people and enjoys their company over a meal!" (Luke 15:1-2).

Jesus followed up on this venomous critique with a threefold story of a lost sheep that is pursued and welcomed back by the Shepherd, an insinuating coin that is lost and pursued until found by its owner and finally two sons who are lost and pursued by their Father, with only one being found.

The last story, of this three-in-one story, is the most vivid picture of what Jesus was getting across to his unwelcoming

opponents. He is showing them clearly and unashamedly that God (as portrayed in the father of the 2 sons) is a pursuing and welcoming father who runs out to the youngest son. This son had wished his father was dead, and returning home as a derelict has his father, against all social traditions and laws, unreservedly welcome him back. The same takes place, during the welcome home party, when the older and stay-at-home son hears of the return but angrily refuses to enter the party. The father goes out to this internally rebellious son and invites him into his presence. The story ends with no response from the older.

In both sons rebellion and alienation from the father is expressed differently, one through wild living and the other through bitter obedience. The father welcomes both.

One of the multiple lessons Jesus' story is the portrayal of God as a welcoming God. He is hospitable, making no conditions for welcoming all strangers and foreigners. In both sons there is evidence

that they were estranged from him and in both cases the father welcomes them and is hospitable to both equally.

So, what am I getting at? I want us to learn that the Christian church or to be more specific, followers of Jesus, have lost a welcoming attitude and subsequently influence on our communities and our societal structures. Why? We have, for the most part, stopped being hospitable like the very God who has welcomed us through his Son, the Lord Jesus Christ. We have retreated into the comfort of our own kind. He has come to us, foreigners and strangers and has chased us down and put on his Son, our sin, death, and brokenness. He played no favourites. He welcomes all and is hospitable to all.

So, what more am I getting at? Let's start, this summer as followers of Jesus, to open up our hearts and lives to others who do not know God and are in need of others in their lives. Let's use our time, lives, resources, homes, backyards, patios, and decks to be a welcoming people of refuge, peace, acceptance and

friendship.

Don't just do this with family and friends — that's not really hospitality. Ask God to direct our steps this summer to people who are alone and in need. Let's welcome them into our life and the life of God.

Years ago, I was travelling and ministering in Brazil. I was invited to go and meet fellow followers of Jesus, living in the desperate Favelas of Sao Paulo. Much to my amazement, we were welcomed as family into their scrap homes, with virtually nothing but scrap furniture to seat us. In spite of what they did not possess, they welcomed us as special guests. I was humbled and encouraged to see it's the heart for others, like the heart of God, that counts.

God has welcomed us as strangers and foreigners in Jesus of Nazareth — Jesus the Christ. God has invited us into His family and into his company. Let's use this summer to begin to do the same with others we do not know. For God's sake.

## Shipwrecks — Jalabala

**SKIP GILLHAM**  
For (M) Agency Niagara

**T**he ships of Scindia Steam Navigation Co. caused a bit of a stir when they first began coming through the St. Lawrence Seaway in 1963.

Painted on the bow was an Indian religious symbol that was interpreted by most North Americans as a swastika. Once explained, their ships were welcomed all over the five Great Lakes.

*Jalabala* was only one of the 48 company freighters to visit inland ports and it sailed as such from 1976 until 1994.

The vessel was carrying bagged cement, under a fifth name of *Sabrina I* when it began leaking on July 31, 1999. But the crew mutinied en route to Mogadishu, Somali Republic, for repairs, and the master was forcibly removed.

The 147-metre-long vessel was ultimately sold for scrap and arrived at Alang, India, for dismantling on March 31, 2000.



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# LOCALNEWS

■ **HOSPITALS:** 'Truly phenomenal year' for health system says board chair

## NHS shrinks deficit, eyes balanced budget

**KARENA WALTER**  
QMI Agency Niagara

Niagara Health System has managed to dramatically chop its deficit to less than a half-million dollars and is on track for a balanced budget in 2015, members of the board and guests heard last week.

Interim president and chief financial officer Angela Zangari told people gathered at NHS's annual general meeting the deficit shrank from \$25.4 million in the 2012-13 fiscal year to \$470,000 in the 2013-14 fiscal year.

NHS had forecast a deficit of \$13.2 million.

"We had a very successful year and we're forecasting being close to being balanced this fiscal year as well," she said afterward in St. Catharines hospital, where the meeting was held last Tuesday.

The health system ended its fiscal year March 31 with a surplus of \$1.7 million, before net capital expenditures, compared to a deficit last year of \$19.2 million.

Zangari said there were a number of initiatives put in place to reduce the deficit. Besides getting additional

base funding, NHS implemented more than \$12 million in cost-saving initiatives like reducing overtime, making bulk purchases with other hospitals for items down to sutures and staples and coming up with more revenue-generating ideas from parking and other areas.

An overtime task force, for instance, determined that by hiring a few additional staff, it could reduce costs. It managed to cut overtime by 16.6%.

Zangari said having one St. Catharines site, which opened March 24, 2013, has been more efficient than running the two older hospitals on Queenston and Ontario Sts. The creation of one maternal child unit for the region also improved efficiency and increased quality of care.

Base funding from the Ministry of Health and Long-Term Care and Local Health Integration Network increased by \$14 million.

But the money wasn't a windfall. Zangari said the increase was in relation to additional expenditures related to the new hospital.

Next year's deficit was originally forecasted at \$3.5 million.

Board chair Dr. Barry Wright said it was an "energetic and enlightening... truly phenomenal year for the NHS."

It was the first full fiscal year the NHS has had a board of directors. In 2011, the board was dissolved and a provincially appointed supervisor put in charge. That supervisor, Kevin Smith, now the chief executive officer, announced the new board in April 2013.

"We saw the challenges. We were in a tough place fiscally. It was a matter of, 'What can we do to move us forward?'"

Wright said.

He said Zangari and Smith were instrumental in convincing Queen's Park the NHS was being frugal and working hard to find efficiencies but needed an increased base budget.

"I think the key thing is patient quality is still No. 1 for us. We're not going to be doing things that are going to put any challenges on that," he said, adding the board wants to keep resources in frontline workers.

karena.walter@sunmedia.ca



ANGELA ZANGARI

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■ **INFRASTRUCTURE:** Existing municipal facility is 'disgusting,' Danch says

# Site selected for new Port Colborne operations centre

ALLAN BERNER  
QMI Agency Niagara

Port Colborne's operations staff are one step closer to finally moving out of their 'dis-

gusting' facility on King St. Monday night, city councillors approved a site for a new

operations centre on the north side of the fire hall at 3 Killaly St.

An environmental assessment needs to be completed, the property will need to be rezoned and a request for proposals will have to be issued, said Ward 3 Coun. Frank Danch, council's representative on the committee working towards the development of a new operations centre.

With the Oct. 27 municipal election looming, Danch said there isn't much time to complete that work before construction can begin.

Danch said the existing operations centre falls short of meeting the city's needs.

"You know what, that place is disgusting," Danch said. "It truly is. We have to do something. It's long overdue."

Danch said building a new operations centre was one of his priorities as a councillor.

Although cost estimates for a new operations centre are as high as \$11 million, that exceeds the amount of money Danch said he's comfortable spending on the project.

He said the city should be able to create a facility that meets its needs without spending that much money on

it, and once it's complete it will lead to cost savings.

"You'll have indoor storage for trucks, which is really important."

Danch said ground fuel tanks recently purchased for \$250,000 will be relocated to the new facility. City vehicles, including fire trucks next door, won't have to travel across town for fuel.

Mayor Vance Badawey said the city has been able to move forward with many capital works projects during the past six to eight years, using funding leveraged from the sale of its hydro utility.

"We've been able to accelerate 20 to 25 years of capital work now with very little impact for the taxpayer," he said. "Yes, we took a bit of debt on here and there, but not as much as we would have taken on if we never had that leveraged funding."

The Killaly St. location is one of six sites the city considered. Others were Inverness Dr., two sites off Hwy. 140, the existing site at 11 King St., and near Allied Marine on the east side of the canal.

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# LOCAL NEWS

■ **INFRASTRUCTURE:** Flashers shouldn't be a problem for Port Colborne

## LEDs win night Port Colborne streets

ALLAN BENNER  
QMI Agency Niagara

Port Colborne is following Welland's lead retrofitting its streetlights with LED fixtures, despite problems with flashing bulbs and dimly-lit sidewalks Rose City residents experienced.

Monday, city council approved a recommendation to issue a request for proposal looking for companies interested in replacing all 1,880 high pressure sodium streetlights in the city with energy efficient LEDs.

The project is the culmination of more than a year's work by the city and hydro board, looking at ways of cutting the Port Colborne's utility bills.

Earlier this year, the city set aside \$1.2-million in its budget to pay for the streetlight retrofit — an investment that the city expects to recoup within the next five years through energy and maintenance savings. The city currently spends more than \$280,000 a year in electricity bills to power its streetlights.

"The hydro board really did their due diligence with respect to the pay-back," said Mayor Vance Badawey.

He said the city will do its best to ensure that by the end of this year, "we'll have a total retrofit of the entire city going LED."

"I have to give Welland a lot of credit for taking that leap because they were one of the first, and with being that there are no benchmarks or templates," Badawey added.

Despite some of the huge Welland experienced with its LED streetlight installation, Port Colborne projects and design manager Chris Lee said the technology has since improved.

"As you can imagine the LED design is increasing exponentially in its sophistication," Lee said.

The city has also conducted "a bunch of research on our own," talking to manufacturers and suppliers as well as municipalities such as Welland that have already installed LED fixtures, hoping to determine the best lighting system to install in Port Colborne.

Despite concerns expressed by some Welland residents about darker streets due to the new lighting, Lee said many of the old high pressure sodium bulbs were too bright when they were installed more than 30

years ago.

"It became daylight all through the night and people have gotten used to that," Lee said.

Streetlights are designed to light the street, he added — not the entire neighbourhood.

"That's the case of an education process that has to happen with the general public,"

he said. "It's not a security light for someone's backyard."

Badawey said Port Colborne already has LED streetlights installed along Killaly and Main Sts., and so far those lights are doing the job they were designed to do.

"There's no question that it's a different kind of lighting, however it lights exactly what

you want to light with respect to the street itself," Badawey said.

Lee said the city hopes to award a contract for the light installation before city council becomes a "lame duck," due to the pending election. allen.benner@summedia.ca

Twitter: @abenner1

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## Summer pleasures: Heirloom poppies, garden walks

**S**erendipity may sound old fashioned, but it is the perfect term to describe that mix of happiness and childlike wonder that we experience when something goes right.

A patch of red poppies brightened our shrub border for several years. Self-sufficient to a fault, their blue-grey leaves would appear, followed by thick pompoms of deep red petals and, finally, ornate seed pods. A fence and new tomato garden spelled the end of the poppies, or so I thought.

With several years of growth on the new tomato garden and annual cultivation (read disturbance) of the soil, dormant poppy seeds sprang back into action across the back of vegetable patch. The following spring, packets

of Peony-flowered and Heirloom Pepperbox poppies were sprinkled on site, with the hopes they would take. Weak structure and tiny flowers seemed to be all the plants could muster. The show was disappointing to say the least, but I shook the healthiest seed back in the garden, and hoed in the weaklings before they could flower.

So where does serendipity come in?

The garden is divided into a series of six raised rows, with room to walk between each row. By late May, I decided to forgo the roto-tiller, because of the wet spring, and cultivate the rows with my little beet hoe. As I worked the soil, I noticed the top of each hill was lined with silvery-blue seedlings — poppies. I carefully shaped the hills, without distur-

ing the seedlings

The garden was brimming with a bumper crop of healthy poppies by early June. I tucked in the tomato seedlings along the rows, sacrificing a few poppies along the way.

Today, the first brave poppies are in flower. Tall husky plants, with glaucous, blue-green leaves, heavy green buds weigh the poppy's wiry stems down, until they suddenly straighten up as the petals unfurl. It would appear Mother Nature has worked her magic. Both types of poppy are flowering, had we cultivated the garden on schedule, I would have destroyed the poppy seedlings. Serendipity prevailed.

Heirloom Pepperbox Breadseed Poppy (*Papaver* spp) offer glorious flowers, handsome pods and nutty-tasting seeds.

Nodding stems of crepe-like red single petals, with a black dot at the base of each petal, surround an ornate center. Large seed pods develop after the petals have dropped, blue-black seeds are ready to harvest once they are dry. Check a ripe pod by breaking it open to make sure the seed is dry. Cut the stalks and bunch the pods upside down in a large paper bag to dry. When the seeds are completely dry, shake them out, clean any debris from the seed and store them in a closed jar for future use.

Use the seed to enhance savoury and sweet breads, cakes, bagels and salad dressings. Dried seed pods make beautiful additions to flower arrangements.

Peony Flowering Poppy (*Papaver paeoniflorum*) are tall, double-flowering annual poppies. Like their

namesake, each flower has hundreds of softly ruffled petals, painted in luxurious shades of ruby and claret. A raised green button punctuates the centre of each flower, and is virtually smothered with a dome of petals as the flower matures.

Sow seeds of annual poppies in the late fall or very early spring, well-drained soil and sunny location is best. The seed can handle frosts and bloom best when the

plants get a good start in cool spring temperatures. Thin the seedlings as they become established, eventually allowing 15 to 20 centimetres between each plant; they need room to mature; keep them watered if the weather is dry. Deadheading will help prolong blooming.

Theresa Forte is a local writer, photographer and speaker. Reach her by calling 905-351-7540 or by e-mail at [theresa\\_forte@sympatico.ca](mailto:theresa_forte@sympatico.ca).

## IT'S GARDEN WALK TIME

If you love gardens, the first weekend in July promises to be memorable — local horticultural societies have pulled together some amazing gardens for their annual garden tours.

From historic properties to modern designs, there will be something for everyone. Proceeds from the garden tours help to fund local projects sponsored by these non-profit groups.

■ The Grimsby Garden Club is celebrating its 50th anniversary with a spectacular garden tour on July 5 from 10 a.m. to 4 p.m. Visit its website at [www.grimsbygardenclub.ca](http://www.grimsbygardenclub.ca). Tickets are \$15 each. If a group of 10 or more tickets are ordered, in the Niagara area, it will deliver them, if it is not convenient to come to Grimsby.

■ The 23rd annual Niagara-on-the-Lake Horticultural Society Garden Tour is July 5 from 10 a.m. to 4 p.m. Tickets are \$10 and can be purchased online. Complete tour information is available at [www.notlhortsociety.com/gardentour.html](http://www.notlhortsociety.com/gardentour.html).

■ St. Catharines Horticultural Society's annual garden tour will be held July 6, from 10 a.m. to 4 p.m. Tickets are \$10 and will be available on the day of the tour at any of the gardens. Visit: [www.gardenontario.org/site.php/stcatherhs/news](http://www.gardenontario.org/site.php/stcatherhs/news) and click on the Garden Walk 2014 tab for full details and a list of participating gardens.

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## ■ INFRASTRUCTURE

# Construction season returns

ALLAN BENNER  
QMI Agency Niagara

Caution — construction ahead.

Signs bearing that warning should be a common sight in south Niagara in the months ahead, including a number of projects in Pelham.

A regional project to repave Regional Rd. 20 at a cost of about \$4 million, said Mayor David Augustyn.

Plans include new bike lanes, sidewalks on both sides of the street, new watermain and a new turning lane to Haist St. for northbound traffic as well as new traffic signal lights.

"It's sort of completing that Haist St. area from one end to the other," he said, adding the work will likely be done without detouring traffic.

In addition, the town has awarded a \$4-million contract to Stevensville Landscaping for the "total revitalization of downtown Fenwick."

Augustyn said the project will make the community "more walkable," with new trees, sidewalks and landscaping, as well as new water lines and storm sewers.

"It's a big project," he said, adding the work is expected to begin in the next few weeks with Rankin Construction assisting with the "heavy lifting."

## CONSTRUCTION ZONES

Regional Road 20 reconstruction, downtown Fenwick on Canboro Rd; Port Robinson Rd. reconstruction and sanitary sewer.

The reconstruction of Port Robinson Rd. will continue with plans for new pavement from Station St. to Rice Rd. Augustyn said the plan also calls for the installation of a new septic sewer, but homeowners don't have to hook up to it.

He said normally when sewers are installed property owners must pay for the installation, "but we're not doing that."

But since the sewers are intended to serve a nearby development in the area, he said existing property owners will only have to pay for adding a new sewer pipe on their own property.

Augustyn said the town is also spending about \$40,000 to repair roads damaged by flooding this spring on Roland, Sulphur Springs and Effingham Rds.

allan.benner@sunmedia.ca  
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# LOCAL NEWS

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# LOCAL NEWS

## Food blog has the Wright stuff

**TIFFANY MAYER**

For QMI Agency Niagara

She comes from Niagara food royalty.

Laura Wright, whose father Mark runs the landmark Wright Bros. Produce on Ontario St., is carrying on that legacy, not by selling fresh fruits and vegetables but by writing about the best ways to use them, on her blog *The First Mess* ([thefirstmess.com](http://thefirstmess.com)).

Her way with words and technicolour food photography recently caught the attention of those at the top of the food writing chain. Her site was named best special diets blog of 2014 by the editors at *Savour Magazine*, the monthly glossy out of New York that's a staple in every serious foodie's reading diet.

Perennial favourite food lit and recipe site *Seven Spoons* ([sevenspoons.net](http://sevenspoons.net)), written by St. Catharines native Tara O'Brady, was also nominated in the best cooking blog category of what's been dubbed the Oscars of food blogging, the annual *Savour Best Food Blog Awards*.

They recognize the best in online food writing, and more than 32,000 blogs were nominated for the honours by readers of the magazine.

Wright learned of her win during her shift serving at Windows by Jamie Kennedy, in Niagara Falls last month.

"When I checked my e-mail from work, I freaked out. I was really honoured," Wright, 29, said.

"I told my mom in the car and she said, 'What does that mean?' I said 'It's a really big deal!'"

And it is. Not only did it earn her a trip to Las Vegas for the awards gala and put her work in the international spotlight, it's the kind of recognition that comes with the opportunities about which most food bloggers only dream.

Wright is being persistently wooed by publishing companies interested in having her pen a cookbook.

That wasn't the ultimate goal when she started *The First Mess* three years ago, but it wasn't long before her hobby landed her high-profile writing gigs with *Clean Eating Magazine* and *BuzzFeed*.

Wright's recipes have been picked up by *Martha Stewart Living*, *Epicurious*, *The Guardian*, *The Kitchn* and the *Food & Wine Blog*.

Her favourite recognition, however, comes by way of e-mail from readers who try

out her plant-based recipes and thank her for her efforts — even the carnivorous readers, or perhaps especially those.

"That's enough for me," Wright said.

Her grandfather Stan started the family's store in 1966 as a roadside stand in Niagara Falls. Wright's passion for playing with her food and creating recipes was really ignited, though, while studying environmental ethics and philosophy at the University of Toronto.

It was during her environmental ethics classes, where the importance of farmland was raised, that she got a clearer idea of what she should do in life.

After graduating, Wright enrolled in the nutritional culinary program at Toronto's George Brown College. Unlike most cooking schools where nutrition is more of a side note to learning how to create in the kitchen, the nutritional culinary program serves up a heavier helping of how to do it in a healthier way.

Wright, who grew up in Niagara-on-the-Lake, returned to Niagara in 2011 and with some extra time on her hands started creating recipes and posting them



SHUTTERSTOCK/P4107

Laura Wright is the author of *The First Mess*, a food blog recently selected by the editors of *Savour Magazine* as the best special diet blog in the 2014 *Savour Best Food Blog Awards*.

online. They're often accompanied by a personal story, making the how-to's that much more appetizing for readers.

Follow her blog or her camera skills on Instagram, and it's obvious Wright is a big fan of the avocado, but every locavore has their foreign vice. The freezer at her Thorold home is jammed with frozen raspberries from her father's garden, which

also helped keep the family in seasonal fare when Wright was growing up.

Her Twitter feed and blog often give thanks to Mark Wright for delivering to her a share of his latest harvests. Still, if only Niagara grew avocados, she said wistfully.

"I don't have any guilt about it. I love them," she said with a smile.

"I try to do everything I can to eat locally, she added,

noting she'll willingly pay double the price for local food rather than settle for cheaper imports. "I think I'm allowed avocados."

Tiffany Mayer writes about local food and farming at [eatingniagara.com](http://eatingniagara.com). Her first book, *Niagara Food: A Flavourful History of the Peninsula's Bounty* (The History Press), will be published later this year. You can reach her at [eatingsniagara@gmail.com](mailto:eatingsniagara@gmail.com) or follow her on Twitter @EatingNiagara.

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## JULY 3

### CONCERT IN THE PARK

Port Colborne Concert Band begins its summer concert series with a performance at the H.H. Knoll Lakeview Park bandshell, under the direction of Brenda Fairchild Green. The concert runs 7:30 p.m. to dark. Bring a lawn chair.

## JULY 4

### SUMMER BOOK SALE

at Dunnville Public Library, 317 Chestnut St., runs to Aug. 23 during regular library hours. On opening day, 10,000 items for sale, including books, magazines, DVDs, VHS tapes, CDs and more. New inventory added weekly. Donations accepted. All proceeds benefit Dunnville Public Library.

## JULY 5

### TRUNK SALE

and bake sale at Morgan's Point United Church, 11430 Lakeshore Rd., Wainfleet, 8 a.m. to noon.

### NO. 6 RCAF OPEN HOUSE

10 a.m. to 4 p.m. at the Dunnville Airport hangar 1, 536 Pt. Maitland Rd., featuring historical displays, vintage aircraft, museum tours, crafters, Dunnville Cruisers Car Club and antique car flea market... Food available 11 a.m. to 2 p.m. Music by On the Wagon 3 p.m. to 5 p.m. Chicken barbecue from 4 p.m. to 6 p.m. — call 905-774-4799 for tickets.

## JULY 9

### BLOOD DONOR CLINIC

in the Port Colborne High School gym. Book your appointment at [www.blod.ca](http://www.blod.ca) or call 1-888-2-DONATE.

## ONGOING

### POINT ABINO LIGHTHOUSE

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and fourth Saturday of the month, 10 a.m. to 3 p.m. Departure from 1036 Point Abino Rd. S., Ridgeway, next to the Berrie Boating Club. Reservations recommended. Cost \$6; [www.pajps.ca](http://www.pajps.ca).

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TOPS has meetings available in Welland on Mondays or Wednesday evenings and in Port Colborne Tuesday evenings or Wednesday mornings. Come join us and learn how to live a healthier lifestyle. Call 904-734-4823 or e-mail [ac.sharon@hotmail.com](mailto:ac.sharon@hotmail.com).

### INFERTILITY SUPPORT GROUP

Niagara meetings are held the first Wednesday of each month at 6:30 p.m. for anyone experiencing primary infertility. Call or text 289-921-4606 or e-mail [infertilityniagara@hotmail.com](mailto:infertilityniagara@hotmail.com) for more information.

### FIBROMYALGIA MEETING

Every second Tuesday through June at Rapelle Lodge, Plymouth Rd., Welland. More info, Vicki 905-384-2294. Support, understanding and open discussions.

### MAKERS' MARKET

vendors wanted. The Guild Hall Makers' Market, 72 Charlotte St., Port Colborne runs Fridays 8 a.m. to 12:30 p.m. To inquire call Mary at 905-835-0394 or the church office at 905-834-3034.

### E-READERS

and Chromebooks are available for loan at Port Colborne Public Library. Drop by the library for more information.

### EASTSIDE VILLAGE BINGO

The Golden Age Club hosts Eastside Village Bingo every Friday at 184 Mitchell St. in Port Colborne. Doors open at 6:30 p.m., game starts 7 p.m. sharp. The jackpot starts at \$500. For more information call 905-834-0683.

### ROSE CITY TOASTMASTERS

meets Thursdays, 7 p.m. to 9 p.m. in the Lower Community Room of Welland Arena, 501 King St. We focus on improving communications skills. Call 289-656-3167 or visit [welland.toastmastersclubs.org](http://welland.toastmastersclubs.org).

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# LMT Connection, Chops Horns at bandshell

For PelhamNews

LMT Connection and The Chops Horns will keep the Fonthill bandshell audience bopping Thursday night.

LMT's repertoire is

familiar and refreshing. The band can evoke the Motown era while breaking new ground in contemporary music. And nowhere is this more evident than in their live performance.

The Chops Horns started

out doing recording sessions for a series of gospel and R&B artists which led to a lengthy stint with the historic rap label, Sugarhill Records. They served as the horn section for The Police, The Rolling Stones,

Bob Dylan and many more.

Thursday night concerts in Pelham's Peace Park run 7 p.m. to 9 p.m. For more information, visit [www.fonthillbandshell.com](http://www.fonthillbandshell.com).



SUPPLIED PHOTO

LMT Connection.

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# IN BRIEF

## Wanted: cyclists wearing bike helmets

Local police are on the lookout for cyclists wearing helmets.

Once again, the Brain Injury Association of Niagara is organizing the campaign, We Caught You Using Your

Head to encourage bicyclists, skateboarders, muscle-powered scooter riders and rollerbladers to wear a bike helmet.

A helmet could save a life or prevent a brain injury, says BIAN's Pat Dracup.

Head injuries are the main cause of serious injury and death to kids on bicycles. A properly fitted and correctly worn helmet can cut the risk

of serious head injury by up to 85%.

The Niagara EMS Bike Medic team, NRP, OPP and Niagara Parks Police will be watching for people wearing helmets. If you are spotted you could receive one of 350 Waterpark passes for the Americana Conference Resort in the Falls, or vouchers for the Niagara Skywheel at Clifton Hill.

The campaign launched this

week.

## Corvette Club holding annual show at Fort George

Because of the increase in car entries and public interest, the annual Niagara Corvette Club is moving its annual car to the area surrounding Fort George in Niagara-on-the-Lake. The annual Cruise-in on

the Parkway is July 27 and includes vehicles from Ontario, Michigan, Ohio and New York. Admission for the public is free while there is a \$20 entrance fee per car for participants. The event attracts hundreds of visitors, and runs from 10 a.m. to 3 p.m.

Proceeds from the car show will be donated to the Niagara Children's Centre.

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## PORT COLBORNE

### NOTICE OF PUBLIC MEETING PROPOSED DEVELOPMENT CHARGE BY-LAW AND BACKGROUND STUDY

#### PURPOSE

A public meeting held pursuant to the provisions of Section 12 of the Development Charges Act, R.S.O., 1997 is being held to present and obtain public input on the City's proposed development charges by-law and underlying background study. The Development Charges Act requires municipalities to update their Development Charge By-law every 5 years, including a background study and creation of a new by-law.

#### STATUTORY PUBLIC MEETING

**Date:** July 28, 2014

**Time:** 6:30 PM

**Location:** City Hall Council Chambers, 3rd Floor  
66 Charlotte Street, Port Colborne

#### HAVE YOUR SAY

Input on the proposed study and by-law is welcome and encouraged. You can provide input by speaking at the public meeting or by providing written comments to the City.

#### WRITTEN SUBMISSION

To provide input in writing or to request personal notification of a decision of Council, please send correspondence c/o City Clerk, 66 Charlotte Street, Port Colborne Ontario, L3K 3C8.

#### MORE INFORMATION

For more information, please contact Lindsay Richardson, Community/Policy Planner at 905-835-2901 ext 129 or via email at [lindsayrichardson@portcolborne.ca](mailto:lindsayrichardson@portcolborne.ca). A copy of the background study and proposed by-law will be made available in the Planning and Development Department, 2nd floor, City Hall for review as of Monday July 14, 2014 or it can be found on the City's website at [www.portcolborne.ca](http://www.portcolborne.ca).

IN  
BRIEF

#### Individual Club Seats for sale at Meridian Centre

Individual Club Seats for the Meridian Centre are now available. The padded leather seats located in a special section behind the visiting teams' net and also give seat holders head-on views for concerts.

Club seats include Niagara IceDogs season tickets and first right of refusal for all events at the Meridian Centre as well as access to the Club Lounge with premium food and beverages.

Club Seats are available in seven, five and three-year terms, with seat selection based on term length. The seats start at \$1,500 per year plus taxes.

Those interested in purchasing Club Seats can contact The Superstive Group at 216.592.9400 or [canter@superstivegroup.com](mailto:canter@superstivegroup.com).



AARON BOGGIO  
R.P.H.S.C.P.H. (owner)



Ask Our

Pharmacists



LARRY BOGGIO  
R.P.H.S.C.P.H. (owner)

#### A HEALTHY HEART IS A HAPPY HEART!

Our heart is like the engine of our body. Without fuel, it will not work; without maintenance and regular use, it will not function properly, and if you look after it, it will last for many years without the need for repair.

The fuel for our heart is the food we consume. Healthier food choices will result in a healthier, stronger heart.

#### HERE ARE FIVE EASY WAYS TO IMPROVE YOUR DIET.

1. COOK WITH LESS FAT – STEAM, BAK, BROIL, OR GRILL MEAT, POULTRY OR FISH INSTEAD OF FRYING
2. EAT MORE VEGETABLES AND FRUIT – ADD THEM WHEREVER YOU CAN: SOUPS, SAUCES, STEWS, FRESH, FROZEN OR CANNED ARE ALL HEALTHY CHOICES.
3. USE LESS SALT – TRY TO AVOID ADDING SALT WHEN COOKING AND ALWAYS TASTE YOUR FOOD BEFORE SHAKING THE SALT OVER IT. TRY FLAVOURING YOUR FOOD WITH HERBS, SPICES, GARLIC, OR LEMON JUICE INSTEAD.
4. COOK WITH MORE WHOLE GRAINS – USE BROWN RICE, WHOLE WHEAT FLOUR, AND WHOLE WHEAT PASTA IN RECIPES WHERE YOU WOULD NORMALLY USE THE WHITE VERSION. ALSO, INSTEAD OF QUICK OATS, USE WHOLE ROLLED OATS AS THEY ARE THE HEALTHIER OPTION.
5. DON'T MISS OUT ON FIBRE – EAT THE PEEL WITH THE APPLE OR THE SKIN OF A BAKED POTATO FOR EXTRA FIBRE AS LONG AS THEY ARE WASHED. YOU COULD ALSO ADD RINDED, CANNED BEANS TO RECIPES FOR A FIBRE BOOST!

Daily physical activity is the regular use that your heart needs to continue functioning properly. According to Canada's Physical Activity Guidelines, adults 18-64 should be doing a total of at least 150 minutes of aerobic activity each week. Aim for about 30 minutes of activity on most days of the week. You may include brisk walking, stair riding, dancing, or jogging. The best way to get started is to incorporate physical activity into your daily routine. Take the dog for a brisk walk around the block, spend a day at the park with the family on the weekend, do some gardening, or maybe join a dance class and make some new friends too!

Along with a well-balanced diet and daily physical activity, your heart needs a check-up every once in a while. Your doctor can check your weight, blood pressure, cholesterol levels and blood sugar during an appointment to see that your heart is in good working order and may make recommendations to you based on the results.

#### STRESS

Drinking too much alcohol, smoking and high levels of fat can also have negative effects on the heart. If you drink alcohol, limit yourself to no more than two drinks a day for women or three drinks a day for men. If you are a smoker, the sooner you become smoke-free, the sooner your body will recover. Talk to your pharmacist about ways to kick the habit. Everyone experiences the feeling of being stressed at some point or another, but the key is how you handle it. It may be as simple as taking a few deep breaths for some people, while others may do mild meditation or practice yoga to remain stress-free. Taking time for yourself each day to do something you enjoy is another way of keeping your stress level to a minimum. Find a new hobby, activity or project that you might enjoy doing either on your own or with friends.

Many people will already be doing one or more of these things to look after their hearts, and that is great, but if this all seems a bit daunting, don't worry because of course, you do not have to make all of these changes at once. Decide to make one change this month and maybe add another next month. Before long, you'll be right on track to keeping your mind, body and heart happy and healthy.

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# Port Colborne Lions

## Carnival

JULY 10 - 13, 2014

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### WORLD'S FINEST SHOWS RIDE-SAFE PROGRAM DATES & TIMES

Thursday July 10th - 6 pm - 11 pm  
Friday July 11th - 6 pm - 11 pm  
Saturday July 12th - 1 pm - 11 pm  
Sunday July 13th - 1 pm - 6 pm

Fish Fry- Friday Night  
Waffles and Donuts - Every night  
Bingo - Every night - Sunday 3pm - 6pm  
Main Food Booth - Sausage, Hamburgers, Fries,  
Pizza and Hot Dogs  
Two Crown and Anchor Wheels  
**FRIDAY IS WRIST BAND NIGHT \$25.00**

### PRIZES

1. Nightly draw - Stuffed animal - \$100 cash per night Donated by Tuck's Jewellers
2. Electric Scooter donated by Royal LePage Real Estate
3. Barbecue and \$200 Meat Package Provided by Tender Cuts And PC Home Hardware
4. A Garage heater donated by Easy Radiant Works Wainfleet.
5. Prize draws will be held on SUNDAY at 7 pm
6. Custom Home Cinema system, LG Hi-Def & Sound Bar provided by Davidson Funeral Home and PC Home Hardware
7. 2014 21 Speed Bike and Helmet provided by Canadian Tire, Port Colborne
8. No Frills Port Colborne, 1 year's worth of groceries (\$100 a month for 12 months)
9. Lioness \$2000 Money Draw, provided by Port Colborne Lioness

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## Careers

## Careers

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Submit your resume by July 11th, to:  
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Or address to:

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Port Village Retirement Community  
300 Elgin Street, Port Colborne, ON L3K 6A3

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## COLEMAN INSTANT TENT, 6-PERSON



**SAVE  
30%**  
**\$167<sup>99</sup>**

Reg. "230"

#76-5162-4

## BROADSTONE DOME TENT, 7-PERSON



**SAVE  
37%**  
**\$99<sup>99</sup>**

Reg. "150"

#76-2254-4

## 10 PERSON INSTANT TENT



**SAVE  
31%**  
**\$249<sup>99</sup>**

Reg. "350"

#76-2195

## BROADSTONE DELUXE QUAD CHAIR



**SAVE  
42%**  
**\$11<sup>99</sup>**

Reg. "19"

#76-1437-6

## ESCORT DELUXE ARMCHAIR



**Reg.  
\$9<sup>99</sup>**

#76-1526-4

## BROADSTONE MESH QUAD CHAIR WITH WINE GLASS HOLDER



**Reg.  
\$24<sup>99</sup>**

#76-2487-0

## ROOTS ARMCHAIR



**SAVE  
12%**  
**\$29<sup>99</sup>**

Reg. "35"

#76-1430-0

## COLEMAN ADVANTAGE 50 QUART (47 L) COOLER



**Reg.  
\$49<sup>99</sup>**

#85-3441-0

## COLEMAN ADVANTAGE 36 QUART (34 L) COOLER



**Reg.  
\$39<sup>99</sup>**

#85-3433-0

## COLEMAN POLY-LITE COOLER



**Reg.  
\$26<sup>99</sup>**

#85-3435-6

## COLEMAN XTREME 62 QUART (59 L) COOLER, WHEELED



**Reg.  
\$79<sup>99</sup>**

#85-3499-4

## BROADSTONE SLEEPING BAG, 2-LBS



**SAVE  
20%**  
**\$39<sup>99</sup>**

Reg. "40"

#76-0732-8

## BROADSTONE SLEEPING BAG, 3-LBS



**SAVE  
20%**  
**\$49<sup>99</sup>**

Reg. "54"

#76-0733-6

## ESCORT SLEEPING BAG, 5-LBS



**Reg.  
\$34<sup>99</sup>**

#76-5179-6

## COLEMAN 2-LB SLEEPING BAG



**SAVE  
20%  
SALE  
\$29<sup>99</sup>**

Reg. "38"

#299-0307-2

MCLEOD RD.  
NARADA FALLS  
805-358-0101

MONITROSE RD.  
NARADA FALLS  
805-354-9848

GARRISON RD.  
FORT ERIE  
805-871-1584

WEST SIDE DR.  
PORT COLBORNE  
805-835-1155